Get the Habit of **Drinking Hot Water** Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally new instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limeatone phosphate in it. This is a very excellent health measure. It is intouded to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day become food for the millions of busteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, billous attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessuess, impure blood and all sorts of allments.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or storekeeper. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sani-

Just as soap and hot water act on the skin, cleansing sweetening and freshening, so limestone phosphate and hot water act on the stomach liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities in to the blood, while the bowel pores do. - Adv.

Embarrassing Affection

A Baltimore woman has in her employ as butler a darky of pompous and satisfied mien. Not long ago he permitted a chocolate colored damsel. long his ardent admirer, to become his

On one occasion, when the lady of the house made temporary use of the services of her butler's wife, it was observed that whonever the duties of the two brought them together, the bright eyes would shine with extraordinary devotion.

Your wife seems wonderfully attached to you, Robert," cusually observed the mistress

Yes, ma'am," answered Robert complacently. "Ain't is jest sickenin'?" Everybody's Magazine.

Power of Lightening.

struck a building with a force equal to more than 12,000 horse power. A single horse power, in mechanical calculation, is equivalent to raising a weight of 32,000 pounds one foot in a minute. The force of lightning, therefore, has been proved to be equal to the raising of 384,000,000 pounds one foot in a minute. This is equal. to the united power of 12 of our largest steamers, having collectively 24 engines of 500-horse power each. The velocity of electricity is so great that It would travel around the world eight times in a second.

GOOD REPORT Doctor Proved Value of Postum.

Physicians know that good food and drink, properly selected, are of the utmost importance, not only for the re-Hef of disease but to maintain health even when one is well.

A doctor writes, "I count it a pleasure to say a good word for Postum with which I have been enabled to relieve so many sufferers, and which I count, with its valued companion able to pick up." Grape Nuts, one of the daily blessings.

"Coffee was banished from my own table some time ago and Postum used regularly in its place." (Coffee is incontains the subtle, poisonous drug, caffeine.)

"I frequently find it necessary to instruct patients when they take Postum for the first time to be quite sure that it is properly made according to directions, then it has a clear, sealbrown color and a rich, snappy taste. as well as health giving qualities.

The above letter, received over ten years ago, I fully confirmed by a recent letter from the doctor, in which he says:

'It is a pleasure to render a good report covering a product of which I

am so enthusiastic a friend. I am using in my home your Postum Cereal in both its forms. And, what is more. I am having it used in the families of several patients in which there are children, and all unite in endorsing the fine qualities of your admirable product.

Name given by Postum Co., Battle

Postum comes in two forms: Postum Cereal-the original form must be well boiled. 15c and 25c

Instant Postum-a soluble powderdissolves quickly in a cup of hot water, and, with cream and sugar, makes delicious beverage instantly. 30c and 50c tine.

Both forms are equally delicious and cost about the same per cup. "There's a Reason" for Postum

-sold by Grocers.

The City of Numbered Days

By Francis Lynde Copyright by

Charles Scribner's Sens

SYNOPSIS.

Look here, young man, would you commit a shady deed in order to save your sweetheart a lot of financial worry-f you knew you wouldn't get into trouble, but if you knew also that the deed would cause other men to lose money?

CHAPTER X-Continued

"It looks like a run on a bank," said Brouillard:

"It is," was the crisp reply "Garner has beaten everybody else to the home plate, but he couldn't keep his mouth shut. He's been talking and every man in that mob is a potential panic breeder. That thing has got to be nipped in the bud, right now?

Yes:" Brouillard agreed He was still wrestling with his own besofment -the prompting which involved a deliberate plunge where up to the present crisis he had been merely wading in the shallows. A lattle thing stunchim alive to the imperative call of the monumet the sight of Amy Massingale walking down the street with Tig-Smith, the Triangle-Circle foreman it was of the death of her hopes that he was thinking when he said coolly You have sized it up precisely. Mr. Cortwright; that is a panie in the mak

minutes and I'll try to stop it." promoter's quick discernment and de- if the power should come on again. cision that he asked no questions. "Do | Handley, the new fourth assistant

Brouillard ran downstairs and across and sun-browned face. them before he turned back to elbow . and into Garner's dingy little office.

You are selling Mirapolis holdings short today, Garner?" he asked when he had pushed through the crowd to the speculator's desk. And when Gar takers he placed his order promptly. latest information about Brouillard. You may bid in for me, at yesterday's prices, anything within the city limits my office after banking hours and seen him since? we'll close for whatever you've been

such a place

jurious to many persons, because it manded one in the counter jam, the drawer a disquieting picture had plenty good enough for me. Garner, Brouillard and himself, and Brouillard Grislow lowered the glass and slid the my order to sell, will you When the chief engineer of the government water works believes in Mirapolis futures and bets his money on til now. 'em. I'm not selling."

> down and the crowd was melting away from Garner's sidewalk when Brouillard rejoined Mr. Cortwright in the second-floor room across the street.

"Well, it's done," he announced shortly, adding: "It's only a stop- had thrust into his pocket before gogap. To make the bluff good, you've got to have the railroad

"That's the talk," said the promoter. relighting the cigar which the few minutes of crucial suspense had extinguished. And then, without warning: You're carrying something up your sleeve, Brouillard. What is it?

"It is the one thing you need, Mr. Cortwright. If I could get my own consent to use it I could bring the railroad here in spite of those New Yorkers who seem to have an attack of cold feet."

tion was so brief as to be almost imperceptible. "I suppose that is your way of saying that your share in the table stakes isn't big enough. All plumb raving crazy, like everybody finally fallen back upon the time deright; the game can't stop in the middle of a bet. How much is it going resembling method in his madness. He late neglect of her. "If I wanted to to cost us to stay in?"

表數學學物產更有政治主要由在由於於此來的發展於於於中華學於於於於於於於於於於於於於於於於於於於於於 of figures that you understand best. Mr. Cortwright," Broudlard said half was." the Names and musingly. Then, with sudden vehe-menters and mence: It is altogether a question of motive with me. Mr. Cortwright, of a Mirapolis will go to the devil some few weeks or mentas shead of its schedule

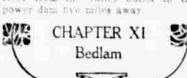
> He was on his feet and moving toward the door of east when the pro- he suggested and Anson nodded. motor got his breath.

"biers, bold on Broudlard-for it up in the air that way!" he pro-

But the corridor door had opened and closed and Brouillard was gone. Two hours later Miragalla the phrenetic had a new thrill a shock so electrifying that the rumer of the railroad's halting decision sank into insigtrificance and was forgotten. The suddenly-evoked excitement focussed in a crowd besigging the window of the which was displayed a little heap of virgin gold in small nuggets and coarse

While the crowds in the street were still struggling and fighting to get near enough to read the labeling placard, the Daily Spotlight came out with an extra which was all headlines. the telegraph wires to the East were buzzing and the town had gone mad-The gold specimen so said the placard and the news extra-had been washed from one of the bars in the

By three o'clock the madness had culminated in the complete stoppage of all work among the town builders and on the great dam as well, and gold-crazed mobs were frantically digging and panting on every bar in the river from the valley outlet to the



ing, and the bubble won't stand for when word came to the reclamation very much pricking. Give me a free service headquarters that the power hand with your check book for a few was cut off and that there were no longer men enough at the mixers and It spoke volumes for the millionaire on the forms to keep the work going

it," he snapped "I'll cover you for brought the news, dropping heavily in whatever it takes. Don't wait, that to a chair and shoving his hat to the crowd is getting bigger every minute." back of his head to mop his seamed

"Why the devil didn't you fellows tion to stop and speak to Amy Mas-turn out?" he demanded savagely of singale and the ranchman, but he did Leshington, Anson and Grislow who it, and even walked a little way with were lounging in the office and very pointedly waiting for the lightning to his way through the sidewalk throng strike. Gassman and I have done everything but commit cold-blooded murder to hold the men on the job Where's the boss?"

Nobody knew, and Grislow at legat. was visibly disturbed at the question ner laughed and said there were no It was Anson who seemed to have the

"He came in about eleven o'clock rummaged for a minute or two in that real thing. Bring your papers over to and then went out again. Anybody

There was a silence to answer the query, and the hydrographer righted He said it quietly, but there could his chair abruptly and closed the be no privacy at such a time and in opened drawer he had been utilizing distinct in the afternoon sunlight on get it!" she protested for a foot-rest. He had a long mem-What's that Mr Brouillard?" de- ory for trifles, and at the mention of You're giving Garner a blank card to dashed itself upon the mental screen huy for your account? Say, that's There were two figures in the picture. was tossing the little buckskin sack telescoping sun tubes home with a of gold nuggets into the drawer, where it had lain undisturbed ever since-un-

Morover, Grislow's news of Broutle The excitement was already dying lard, if he had seen fit to publish it. was later than Anson's, At one o'clock, or thereabout, the chief had come into the mapping room for a glance at the letters on his desk. One of the letters a note in a square envelope he

"It looks as if the chief had gone with the crowd," said Leshington when the silence had grown almost portentous, "though that wouldn't be like him. Has anybody found out yet who touched off the gold-mounted sky-

Grislow came out of his brown study is perfectly reliable and that he dic- a charmingly frivolous frame of mind. Mr. J. Wesley Cortwright's hesita- tated the exact wording of the placard that did the business."

with the discovery of these placers -or, rather, with the practically certain rediscovery of them by the mob-Mir- rather talk about something else. Tell spolis will jump to the front rank as a gold camp, and the reclamation service will have to call a halt on the Buckakin project."

Leshington's long, plain song face grew wooden. "You say 'practically and that nice boy of yours. Herbert certain. The question is: Will they be rediscovered? Het any of you a Leshington; he scares me makes a box of Poodles' Flor de near Havanas that it's some new kind of a flip-flap. Little girl, you need a mother or a invented by J. Wesley and his boom- husband; I haven't made up my mind ers. What do you say?

They didn't need any new stunts, away." They had the world by the ear, as it

"That's all right," returned Leshingten; "maybe they didn't. I heard a motive with me. Mr. Cortwright; of a thing or two over at Bongras' last motive which you couldn't understand night that set me guessing. There was in a thousand years. If that motive a piece of gossip coming up the pike prevails, you gut your railroad and a about the railroad pulling out of the pulled out'

Once more silence fell upon the - and Ull take my punishment with group in the mapping room, and this frightens me when I make it up on the the remainder of the fools and the time it was Grislow who broke it.

"I suppose Harlan is getting ready to exploit the new sensation right?"

You can trust Harlan for that He's got the valler wire subsidized, the railroad comes braven's sake down go off and leave and he is waiting for the first man to orks and the world will be invited Topopah Then, with sudden anxiety turn up and get busy on his job. It's the rumor were true something hideous to be stranded this way in the thick of a storm!

"It's time somebody was getting principal lewelry shop focussed more busy, snarled Handley There are definitely upon a square of white par a hundred tons of fresh concrete lying per in the window in the center of in the forms just as they were dumped -with no puddlers-to say nothing of half as much freezing to solid rock. right now in the mixers and on the ciphers

Grislow got up and reached for his ot and hat

I'm going out to bunt for the boss. said, "and you fellows had better of a disappearing racket on the human | chance.

The suggestion was carried out im mediately by the three to whom it was:



Frantically Panning on Every Bar in

the River. made, but for a reason of his own the hydrographer contrived to be the last faint-they are going to begin again to leave the mapping room. When he found himself alone he returned has tily to the desk and pulled out the drawer of portents, rummaging in it until he was fully convinced that the not options, you understand, but the drawer you've got your foot on Grizzy. Httle buckskin bag of nuggets was gard. Lets go back a bit and I'll ex-Then instead of following the others, he took a fieldglass from its case on the wall and went to the south | bribe me to use my influence with Mr. window to focus it upon the Massin | Ford ? gale cabin, standing out clear-out and its high, shelflike bench.

and the man was sitting on the step.

"Good God!" he mused, "It's unbellevable! He deliberately turns this thing loose on us down here and then takes an afternoon off to go and make love to a girl! He's crazy; it's the seven-year devil he talks about. And nobody can help him; nobody-unless Amy can Lord, Lord!"

O CHAPTER XII Epochal

At the other extremity of the trajec tory of Grislow's telltale fieldglass Brouillard was sunning himself luxuriously on the porch step at the Maswith a start. "Levy won't tell who singale house and making up for lost gave him those nuggets to put in his time counting all time lost when it window. I tried him. All he will say spelled absence from the woman he is that the man who left the sample loved. But Miss Massingale was in

"That is the fourth different excuse you have invented for cutting me out i saw Harlan, of the Spotlight, half of your visiting list, not counting the an hour ago," cut in Anson. "He's repetitions," she gibed, when he had else, but there is something faintly mands of his work to account for his figures it that we government people be hateful I might insist that you "The cost ien't precisely in the kind are out of a job permanently; that baven't given the true reason yet."

"Perhaps I will give it before I go." he parried. "But just now I'd much me about yourself. What have you been doing all these days when I haven't been able to keep tab on you?"

"Flirting flirting desperately with Tig, with Mr. Anson and Mr. Grislow, Griffith, and with-no not with Mr. face like a wooden image and says which' When he does make up his "Good Lord" growled Handley mind I'm going to shrick and run

"And you flirt!" he protested repreachfully. "Now tell me about the 'Little Susan;' is the Bluegrass farm looming up comfortably on the eastern edge of things"

In a twinkling her frivolous mood vanished

"Oh, we are prosperous, desperately little longer lease of life. If it doesn't, game, or, rather, that it had already prosperous. We have all the improvements you can see and a lot that you can't see. And our pay roll-it fairly Saturdays

and nothing coming in. But the money is all here, safely stacked up in the ore hins. You'll get it all out when

"That is another thing-a thing I ome in with the news of the sure haven't dured tell father and Stevie. using and the location of it. When he When I was in Mirapolis this morn gets the facts he'll touch off the fire- ing I heard that the railroad wasn't coming after all, or, rather, Tig had take a running jump for the new heard it and he told me. We were dig ging for facts when you met us I wish to goodness Brouillard would Chigringo avenue-trying to find out if

"It means a great deal to you, doesn't it!" he said evasively.

"It means everything a thousand times more now than it did before His quick glance up into the suddenly sobered eyes of the girl standing on the step above him was a voice less query and she answered it.

We had no working capital, as I think you must have known Once a month father of Stevie would make up a few pack saddle loads of the richest ore and freight them over the mountains to Red Butts. That was the same. If this is one of Cort. how we got along. But when you sent wright's flip flaps, and Brouillard hap | me word by Tig that the railroad comened to be in the way. I wouldn't put pany had decided to build the extenbeyond J Wesley to work some kind Ston. there was - there was - a

Yes, he encouraged

A chauce that the day of little things was past and the day of big things was come. Mr Cortwright and some of his associates had been trying buy an interest in the Littl Susan Father let them in on some sort of a took arrangement that I lon't under stand and then made himself personally responsible for a dreadful lot of borrowed money

"Borrowed of Mr Comwright"

queried firoutliard "No of the bank. Neither Stevie nor I knew about it until after it was done, and even then father wouldn't explain. He has been like a man out of his mind since My Cortwright got hold of him everything is resected ored. Hut you see how it all depends upon the railroad

Not so much upon the ratiroad now as upon home other things," said. Broudlard enigmatically your father has borrowed of the bank da Mr. Cortwright mixed up in the

for father-I don't know just how. All I know is that father is responsible, and that if the railroad doesn't come he will lose everything

Brouillard gave a low whistle. "I don't wonder that the quitting rumor made you pervous. But I think I can lift one of your burdens. What you heard in town this morning is a fact the rathroad people have stopped work on the Buckskin extension Don't right away "

"Oh!" she gasped "Are you sure? How can you be sure?

"I've given the order," he said Walter," she replied. These are gravely, "an order they can't disre- false teeth." plain. Do you remember my telling box you that your brother had tried to I wanted to."

As if I should ever be able to for-

Well, that wasn't all that he did-The powerful glass brought out two he threatened to turn the valley into figures on the cabin porch, a woman a placer camp, to disorganize our and a man. The woman was standing workin, force, even stop or definitely postpone the building of the dam.

> She was listening eagerly, but there was a nameless fear in the steadfast eyes-a shadow which he either missed or disregarded

> "And you-you believed this?" she asked faintly.

"I was compelled to believe it. He let me pan out the proof for myself." "It is dreadful dreadful!" she murmured. You believed him, and for that reason you used your influence with Mr. Ford?"

He got up and took her in his arms, and she suffered him.

"A few days ago, little girl, I couldn't have told you. But now I can. I am a free man or I can be whenever I choose to say the word. I did it for love's sake." She was pushing him away, and the

great horror in her eyes was unmistakable now. "Oh!" she panted. "Is love a thing

to be cheapened like that? And your freedom-how have you made a hundred thousand dollars in these few weeks? Oh, Victor, is it clean money?" *******************

After what he has done in his efforts to please her, how will Brouillard square himself with Amy for what she considers his dishonorable act?

(TO BE CONTINUED)

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for Oneida Community Solverwire. Write today for free 30-page recipe book and full



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"Do your teeth ever ache" asked little Waiter as he watched his grandmother take her false treth out. Why, no, of course they don't,

I wish I had that kind, said the Then I could eat all the candy

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but possessed by few-a beautiful head of hair. If yours to streaked with gray, or is barsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dress ing. Price \$1.00 -Adv.

Reading maketh a full man but they have another name for it in a

Meat Makes Bad Kidneys Too much meat is just as bad as no

ough. Such a diet is apt to load the blood with uric seid and to injure the Rad backs, blue, nervous spells, disziness, rheumatic pains, and bladder troubles indicate weak kidneys, oretell danger of gravel and Bright's sease. Don't neglect this condition se Doan's Kidney Pills.

An Illinois Case



the small of my back were so had I co hardly stoop. The kid per secretions were profuse and too fre-quent to passage. Docters said I could live but a short time. Forty I used Donn's sermal and the

DOAN'S KIDNEY POSTER-MELBURN CO., BUFFALO, N.